



February 2012

4428 Pheasant Ridge Road • Roanoke, VA 24014 • (540) 400-6482

## THE VILLAGE ON PHEASANT RIDGE



**VISIT OUR WEBSITE AT:**  
[www.villageonpheasantridge.com](http://www.villageonpheasantridge.com)



### Wisdom Really Does Come With Age

Recent research shows that, in addition to a lifetime of experience, elderly wisdom can also be attributed to some changes in the brain. Brain scans reveal that older people are more likely than the young to utilize both the left and right sides of the brain, allowing them to make more balanced decisions. Aging brains are also less influenced by dopamine, the chemical that fuels emotion, so they are more inclined to think things through rather than act impulsively.

#### Say What?

farrago \ fuh-RAH-goh \ noun  
Confusing assortment;  
hodgepodge.

Example sentence: The brunch buffet was a farrago of breakfast, lunch and dinner items.



### Prime Time for Indoor Fun

Long winter days of staying indoors can make anyone a little antsy, but the extra downtime can be a golden opportunity for self-enrichment. Are there any books you've been meaning to read? Movies you've always wanted to watch? Games you love but haven't played in years? Old or new hobbies you'd like to take up? Use your time inside to improve your mind while reaching out to others—and make some wonderful winter memories.

### Motivational Tip: No 'Bad' Days

We all have days when things don't go our way. Don't label an entire day "bad" because of a mishap or two (or three). Take a deep breath, smile, and remember the good things that happened, too.

### Enjoy the Good Life

Saturday, February 18, from 2 to 4 p.m., we will be enjoying the good life of chocolate as the Virginia Gentlemen sing to us songs of romance.



PHONE NUMBER (540) 400-6482  
FAX NUMBER (540) 400-6511





## Trivia Whiz

### Leaping for Leap Day

Every revolution Earth makes around the sun takes 365.25 days. To account for this disparity between a calendar year and one full revolution, every four years we add an extra day.

This February has 29 days. Make the most of those extra 24 hours by learning more about leap day events:

*Ladies' choice.* It was customary that women were allowed to propose to men either during a leap year or on leap day.

*Witch trials.* Feb. 29 marks the day in 1692 when accusations first began in the Salem witch trials.

*Oscar honor.* On Feb. 29, 1940, Hattie McDaniel became the first African-American performer to win an Academy Award. She won for her performance in "Gone With the Wind."

# Health & Wellness

## Heart Disease Myths and Facts

February is American Heart Month. The American Heart Association aims to debunk some myths about cardiovascular disease, our nation's leading cause of death:

*Myth:* Young people don't need to worry about their hearts.

*Fact:* Early lifestyle choices can affect heart health later in life.

*Myth:* If you have high blood pressure, you'll know it.

*Fact:* High blood pressure is called "the silent killer" because it typically has no symptoms. Untreated, high blood pressure can cause heart attack, stroke, kidney damage and other problems.

*Myth:* Heart attacks always cause chest pain.

*Fact:* Heart attacks may cause chest pain, but other possible symptoms include shortness of breath, nausea, lightheadedness and pain in one or both arms, jaw, neck or back.

*Myth:* Leg pain has nothing to do with the heart.

*Fact:* Leg pain could be a sign of peripheral artery disease, a result of blocked arteries in the legs caused by plaque buildup.



## Reflecting on December Fun



Honeytree kids sang Christmas carols



Sonshine Gang was very entertaining



Tom Adams leading us in caroling



Nancy Kenton and her friend Wee Wee Sprinkle



Santa Claus with a surprise visit



Santa posing with some of the residents



New Year's Eve party with the Caravan Band



Great food



Lots of happy people



Plenty of cutting the rug



## More Dancing



and dancing



and dancing



and dancing



and dancing



and dancing.

## February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
{February} <b>American Heart</b> <i>month</i> www.Heart.org			1	2	3	4
5	6	7	8	9	10 	11
12	13	14 	15	16	17	18
19  Presidents' Day	20	21	22	23	24	25
26	27	28	29			

## "This Month In History" February

**1692:** Arrest warrants are issued for three Salem, Mass., witches.

**1790:** George Washington gives the first State of the Union address.

**1790:** In New York City, the U.S. Supreme Court convenes for the first time.

**1870:** Fifty years before the 19th Amendment is ratified, Utah grants women the right to vote.

**1898:** Whoa, Nelly! Car insurance against accidents with horses is issued by Travelers Insurance Co.

**1910:** William Boyce founds the Boy Scouts of America.

**1925:** Thanks to a heroic dog-sled relay, the population of Nome, Alaska, is saved from a deadly diphtheria outbreak.

**1941:** The United Service Organizations (U.S.O.) is founded, providing centers across the world with a home away from home for U.S. servicemen and women.

**1942:** Auto plants across the United States cease civilian automobile production and, instead, build military tanks, Jeeps and aircraft.

**1964:** The Beatles invade America with an appearance on "The Ed Sullivan Show."

**1980:** Dubbed the "Miracle on Ice," the U.S. Olympic hockey team upsets the Soviet Union team, advancing in play. The U.S. team goes on to win the gold medal.

**1996:** IBM's Deep Blue computer defeats world chess champion Garry Kasparov.

**2000:** The last original "Peanuts" comic strip appears in newspapers one day after its creator, Charles M. Schulz, dies.

**2006:** The Northeast gets buried in a snowstorm that drops a whopping 26.9 inches on New York City, the most snow the state had ever seen since record-keeping began in 1869.